

6 water composition contains less than 500 mg./l of soluble salts and
7 essentially no organic acids.

1 2. (Once Amended) The water composition of Claim 1 further
2 comprising a soluble food grade color.

1 3. (Once Amended) The water composition of Claim 2, wherein
2 the soluble food grade color acts as an indicator of an amount of the water soluble
3 indigestible fiber contained in the water composition.

B1 1 4. (Once Amended) The water composition Claim 1, wherein the
2 water soluble indigestible fiber is selected from the group consisting of plant mucilage,
3 plant gums, dextrins, maltodextrins, galactomannans, arabanogalactans, beta glucans,
4 cellulose ethers, pectins, pectic material, water-soluble hemicellulose, inulin, alginates,
5 agar, carrageenan, psyllium, guar gum, gum traganth, gum karya, gum ghatti, gum acacia,
6 gum arabic, partially hydrolyzed products thereof and mixtures thereof.

1 5. (Twice Amended) The water composition Claim 1, wherein the
2 water-soluble indigestible fiber and water form an optically clear solution.

1 6. (Twice Amended) A water composition for consumption by
2 humans and animals comprising:

3 between 0.1% and 10% by weight water-soluble indigestible fiber selected
4 from the group consisting of dextrins, maltodextrins,
5 galactomannans, cellulose ethers, inulin, alginates, agar,
6 carrageenan, psyllium, guar gum, gum traganth, gum karya, gum
7 ghatti, gum acacia, gum arabic, partially hydrolyzed products
8 thereof and mixtures thereof; and

9 safe water, wherein the water and the water-soluble indigestible fiber form
10 an optically clear solution, wherein fewer than 10 calories per 100
11 ml are metabolized by a human when consuming the water
12 composition and wherein the water composition contains a
13 nutritionally insignificant amount of soluble minerals and
14 essentially no organic acids.

1 7. (Once Amended) The water composition of Claim 6 further
2 comprising a soluble food grade color.

1 8. (Once Amended) The water composition Claim 7, wherein the
2 soluble food grade color acts as an indicator of an amount of the water soluble
3 indigestible fiber contained in the water composition.

1 9. (Twice Amended) A water composition for consumption by
2 humans and animals comprising:

3 between 0.1% and 10% by weight water soluble indigestible fiber selected
4 from the group consisting of dextrans, maltodextrans, inulin, guar
5 gum, partially hydrolyzed products thereof and mixtures thereof;
6 and

7 safe water, wherein the water and the water soluble indigestible fiber form
8 an optically clear solution, wherein fewer than 10 calories per 100
9 ml are metabolized by a human when consuming the water
10 composition and wherein the water composition contains a
11 nutritionally insignificant amount of soluble minerals and
12 essentially no organic acids.

1 10. (Once Amended) The water composition Claim 9 further
2 comprising a soluble food grade color.

1 11. (Once Amended) The water composition of Claim 10, wherein
2 the soluble food grade color acts as an indicator of an amount of the water soluble
3 indigestible fiber contained in the water composition.

1 12. (Once Amended) The water composition of Claim 1, wherein
2 said water-soluble fiber is selected to satisfy simultaneously both hydration requirements
3 and fiber requirements when consumed.

1 13. (Once Amended) The water composition of Claim 1, wherein
2 addition of said water-soluble fiber does not alter clarity of the water composition.

1 14. (Once Amended) The water composition Claim 1 formulated
2 for managing constipation.

B1 1 15. (Once Amended) A method of managing bowel regularity
2 comprising the step of ingesting a quantity of the water composition of Claim 1.

1 16. (Once Amended) A method of managing hemorrhoids
2 comprising the step of ingesting a quantity of the water composition of Claim 1.

1 17 (Once Amended) A method of avoiding assimilation of toxic
2 bowel compounds comprising the step of ingesting a quantity of the water composition of
3 Claim 1.

1 18. (Once Amended) The water composition of Claim 1
2 formulated for management of diabetes.

1 19. (Once Amended) The water composition of Claim 1
2 formulated for management of obesity.

1 20. (Once Amended) The water composition of Claim 1
2 formulated for appetite suppression.

1 21. (Once Amended) The water composition of Claim 1
2 formulated for lowering serum cholesterol levels.

1 22. (Once Amended) The water composition of Claim 2, wherein
2 the soluble food grade color acts as an indicator of a type of the water-soluble
3 indigestible fiber contained in the water composition.

1 23. (Once Amended) The water composition of Claim 6, wherein
2 the water-like fluid contains fewer than 500 mg./l of soluble salts.

1 24. (Once Amended) The water composition of Claim 6, wherein
2 said water-soluble fiber is selected to satisfy both hydration requirements and fiber
3 requirements when consumed.

1 25. (Once Amended) The water composition of Claim 6, wherein
2 addition of said water-soluble fiber does not alter clarity of the water composition.

1 26. (Once Amended) The water composition of Claim 6
2 formulated for managing constipation.

1 27. (Once Amended) A method of managing bowel regularity
2 comprising the step of ingesting a quantity of the water composition of Claim 6.

1 28. (Once Amended) A method of managing hemorrhoids
2 comprising the step of ingesting a quantity of the water composition of Claim 6.

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1 29. (Once Amended) A method of avoiding assimilation of toxic
2 bowel compounds comprising the step of ingesting a quantity of the water composition of
3 Claim 6.

1 30. (Once Amended) The water composition of Claim 6
2 formulated for management of diabetes.

1 31. (Once Amended) The water composition of Claim 6
2 formulated for appetite suppression.

1 32. (Once Amended) The water composition of Claim 6
2 formulated for management of obesity.

1 33. (Once Amended) The water composition of Claim 6
2 formulated for lowering serum cholesterol levels.

1 34. (Once Amended) The water composition of Claim 10, wherein
2 the soluble food grade color acts as an indicator of a type of the water-soluble
3 indigestible fiber contained in the water composition.

1 35. (Once Amended) A water composition for consumption by
2 humans and animals comprising:

3 between 0.1% and 10% by weight water-soluble indigestible fiber; and
4 safe water, wherein fewer than 10 calories per 100 ml is metabolized by a
5 human when consuming the water composition and wherein the
6 water composition contains a nutritionally insignificant amount of
7 soluble minerals and essentially no organic acids.

1 36. (Once Amended) The water composition of Claim 35, wherein
2 said water-soluble fiber is selected to satisfy simultaneously both hydration requirements
3 and fiber requirements when consumed.

1 37. (Once Amended) The water composition of Claim 35, wherein
2 addition of said water-soluble fiber does not alter clarity of the water composition.

1 38. (Once Amended) The water composition of Claim 35
2 formulated for management of constipation.

1 39. (Once Amended) A method of managing bowel regularity
2 comprising the step of ingesting a quantity of the water composition of Claim 35.

1 40. (Once Amended) A method of managing hemorrhoids
2 comprising the step of ingesting a quantity of the water composition of Claim 35.

1 41. (Once Amended) A method of avoiding assimilation of toxic
2 bowel compounds comprising the step of ingesting a quantity of the water composition of
3 Claim 35.

1 42. (Once Amended) The water composition of Claim 35
2 formulated for management of diabetes.

1 43. (Once Amended) The water composition of Claim 35
2 formulated for management of obesity.

1 44. (Once Amended) The water composition of Claim 35
2 formulated for appetite suppression.

B1 1 45. (Once Amended) The water composition of Claim 35
2 formulated for lowering serum cholesterol levels.

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